

## Diabetes and Your Sexual Life

- Dr. Vivek Jain

It must now be amply clear as to the multifarious and deleterious effects Diabetes has in the Human Body.

Sex also is one of them.

- So why does the same occur ?

Diabetes causes changes in the micro vasculature of the Penile arteries thereby causing narrowing, leading to ED ( Erectile Dysfunction ). Also Diabetics are prone to other co morbid conditions as Hypertension / Obesity and Stress all of which wreak a havoc in the body, severely affecting Sexual Performance.

Ageing itself brings about changes in sexual performance and if the same is compounded with Diabetes there is all the more trouble.

- Fortunately there is a way out.

Keep Diabetes strictly under control, Exercise , Eat healthy and nutritious diet , Practice meditation to keep stress at bay, Loose weight if obese, Go in for regular Health checks to nip any Medical condition in the bud. Manage any co existent condition.

There are a good many medications available for all types of Sexual Problems, but it is NEVER recommended that you self medicate. Do consult a Sexologist to get proper guidance and appropriate treatment. You can easily get back to your hale and hearty Sexual life.

Remember there is NO expiry date for enjoyable Sexual life. One can enjoy the same well into the 70s and 80s. BUT keeping oneself healthy and fit , free of diseases and if any managing them properly is the key ( especially true for Diabetes.

**Dr Vivek Jain MD - Dermatologist**

**A/7 Chanakya Puri, New Sama Road, PO Chhani Road, Baroda 390024 Gujarat, India**

**M.: 09825433985 E-mail : vivekdr@gmail.com**